

**PESTO CHICKPEA MASH** 2 portions**INGREDIENTS**

- .50 can drained garbanzo beans
- 2 tbsp ready to eat pesto
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 1 dash of salt, table [0 g]

COOKING METHOD

1° Mash beans, pest and avocado together. Season with salt. Garnish with feta cheese

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [162 g]	% DRI
ENERGY	132 kcal	213 kcal	11 %
FAT	8 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	341 mg	551 mg	23 %
CARBOHYDRATE	12 g	19 g	6 %
SUGARS	0 g	1 g	—
FIBER	5 g	8 g	30 %
PROTEIN	4 g	7 g	—